



**ADULTS WITH COGNITIVE DISABILITIES PROGRAM**

A Community Education Program supported by the North St. Paul-Maplewood-Oakdale, South Washington County, Roseville, White Bear Lake and Mahtomedi School Districts  
*Building connections, confidence, and community through inclusive experiences.*

**SPORTS, EXERCISE & RECREATION**


**Pontoon Ride on White Bear Lake FREE (registration required)**

Enjoy a relaxing ride on White Bear Lake with beautiful views and fresh air. Dress in layers and bring snacks and drinks. Life jackets are available. All participants, including caregivers, must register. Free parking is available nearby, please follow posted parking instructions. All sections held at White Bear Lake VFW.

Tue, Jun 9	12:30 – 2:30 p.m.	CBWE1A	Mon, Aug 10	3:15 – 5:15 p.m.	CBWE1C
Tue, Jun 9	3:15 – 5:15 p.m.	CBWE1B	Mon, Aug 10	6 – 8 p.m.	CBWE1D

**Beach Picnic Party**

Join us at the beach for an evening of food, swimming, and fun. Enjoy sandwiches, chips, and fruit while relaxing with friends. Bring your swimsuit, towel, chair, and a beverage. Lifeguards are on duty, and you're welcome to bring a game or activity to share.

Fri, Jul 24	\$18	
5:30 – 7:30 p.m.	CBWE2	

Bellaire Beach

**Yoga in the Park FREE (registration required)**

Enjoy a refreshing outdoor yoga session focused on movement, breathing, and relaxation. Build strength, flexibility, and balance in a welcoming class for all levels. This class offers a calm, supportive environment to stretch, unwind, and connect with nature.

Wed, Aug 5	\$0
5 – 6 p.m.	CBNE1

Hause Park

**TRIPS & SPECIAL EVENTS**

**Library Discovery Tour**

Go behind the scenes at the newly updated Maplewood Library. Learn how the library operates, including its automated systems, and take part in a fun scavenger hunt. This interactive tour is a great way to explore the space and discover new resources.

Thu, Jun 18	\$5
6 – 7 p.m.	CBNT2

Maplewood Library

**Big Fish Musical**



Experience the magical musical Big Fish, a heartfelt story of adventure, family, and imagination. Meet staff before the show, then enjoy the performance together. These popular shows fill quickly, so plan ahead. Early arrival is recommended for parking.

Thu, Jul 16	\$15
6 – 10:00 p.m.	CBNT1

Como Lakeside Pavilion

**LOCATIONS**

**Appétu Těča Education Center** – 1910 County Road B E, Maplewood, MN 55109 • **Bellaire Beach** – 2500 Bellaire Ave, White Bear Lake, MN 55110 • **Como Lakeside Pavilion** – 1360 Lexington Pkwy N, Saint Paul, MN 55103 • **District 833 Program Center** – 8400 East Point Douglas Rd S, Cottage Grove, MN 55016 • **East Ridge High School** – 4200 Pioneer Dr, Woodbury, MN 55129 • **Gladstone Community Education Center** – 1945 Manton St, Maplewood, MN 55109 • **Hause Park** – 2616 4th Ave E, North St Paul, MN 55109 • **John Glenn Middle School** – 1560 County Rd B E, Maplewood, MN 55109, **Maplewood Library** – 3025 Southlawn Dr, Maplewood, MN 55109 • **Maplewood Nature Center** – 2659 E 7th St, Maplewood, MN 55119 • **Oakdale Discovery Center** – 4444 Hadley Ave N, Oakdale, MN 55128 • **Pine Hill You-Pick Flower Garden** – 8445 Dale Rd, Woodbury, MN 55125 • **Shepard Farm** – 8946 70th St S, Cottage Grove, MN 55016 • **Silver Lake Park** – 2601 19th Avenue, North St Paul, MN 55109 • **White Bear Lake Senior Center** – 2399 Cedar Ave, White Bear Lake, MN 55110 • **White Bear Lake VFW** – 4496 Lake Ave S, White Bear Lake, MN 55110

## HOBBY & LEISURE

### Family Feud with Rene

Play a fun version of the popular game show with friends. Work together to guess survey answers and enjoy friendly competition. This class encourages teamwork, communication, and laughter in a welcoming, social environment.

Tue, Jun 2 \$10  
6 – 8 p.m. CBRH2  
Appétu Téča Education Center

### Learn to Kayak

Learn to kayak in a supportive, beginner-friendly group setting. Start on land with safety and basic skills, then move to the water to practice paddling and build confidence.

Wed, Jun 3 \$20  
6 – 7:30 p.m. CBWE3  
Silver Lake Beach

### Monarch Magic: Meet the Butterfly!

Learn about monarch butterflies and their life cycle. See examples when available and discover how they grow and migrate. Plant flower seeds to take home and support pollinators. A fun, hands-on class combining nature and gardening.

Mon, Jun 22 \$10  
6:30 – 8:00 p.m. CBSH1  
District 833 Program Center



### BINGO with Rene

Enjoy a fun and social game of BINGO. Play multiple rounds, practice listening skills, and celebrate each win. This relaxed class is a great way to connect with others, have fun, and possibly take home a prize.

*Each session is \$10 located at Appétu Téča Education Center from 6 – 8 p.m.*

Wed, Jun 24 CBRH1A  
Thu, Jul 23 CBRH1B  
Thu, Aug 6 CBRH1C  
Tue, Sep 15 CBRH1D



### Movie & Music Trivia

Test your knowledge of movies and music in a fun trivia night. Answer questions about popular films and songs, enjoy snacks, and compete for prizes. A lively, social class perfect for fans of entertainment and games.

Thu, Jun 25 \$10  
6:30 – 7:30 p.m. CBNH1  
Gladstone Community Education Center

### Blank Slate with Renee

Will you be the first to earn 25 points? In this fun word game, try to match your answer with just one other player as you fill in the blank. Enjoy a relaxed, social evening full of laughter, creativity, and friendly competition.

Tue, Aug 18 \$10  
6 – 8 p.m. CBRH3  
Appétu Téča Education Center

### Connecting with Confidence: Friendships, Relationships, and Dating

Build confidence in social situations. Practice starting conversations, reading cues, and setting boundaries. Through activities and discussion, learn about friendships and dating in a respectful, supportive environment designed to strengthen communication skills.

Thu, Jul 9 – Jul 30 \$39  
6 – 7:30 p.m. CBSH2  
East Ridge High School

### Meet the Farm Animals!

Visit Shepard Farm and meet friendly animals including cows, pigs, chickens, and goats. Learn about farm life while enjoying time outdoors. This guided experience is a fun, relaxed way to connect with animals, nature, and others.

Wed, Jul 15 \$10  
6 – 7 p.m. CBSH3  
Shepard Farm

### Sing Along & Sundaes with Karen

Enjoy a fun summer evening with music, games, and ice cream. Sing along to favorite songs and build your own sundae. This relaxed class is a great way to connect with others and enjoy a sweet treat together.

Tue, Jul 28 \$15  
6:30 – 7:30 p.m. CBNH2  
Gladstone Community Education Center

### Pick Flowers & Make Your Own Bouquet

Visit a flower field and learn how to pick and arrange fresh flowers. Choose your favorites and create a bouquet to take home. This relaxed outdoor class is a great way to enjoy nature and be creative.

Thu, Aug 6 \$15  
6 – 7 p.m. CBSH4  
You-Pick Flower Garden



### Feelings & Choices: Your Emotion Superpower

Learn to recognize emotions and make thoughtful choices. Through games and activities, explore how feelings affect actions. Build confidence, self-control, and decision-making skills you can use at home, work, and in the community.

Thu, Aug 13 \$10  
6 – 7:30 p.m. CBSH5  
East Ridge High School

## ARTS & CRAFTS

### Storytelling with Puppets

Make crocodile and hare puppets inspired by a Japanese folktale then act out parts of the story with others. This class blends art, storytelling, and play while encouraging creativity and social interaction.

Mon, Jun 8 \$10  
6 – 7:30 p.m. CBSA1  
District 833 Program Center

### Wood Painting Workshop: Russian Folk Art

Explore traditional Russian art, khokhloma and paint a decorative wooden piece. Learn patterns and techniques inspired by nature. This beginner-friendly class offers a fun cultural experience, all materials are provided.

Mon, Jun 15 \$10  
6 – 7:30 p.m. CBSA2  
District 833 Program Center

### Storytelling Through Mask Making

Create a colorful bird mask inspired by a folktale, then act out scenes with others. This class combines art and storytelling in a fun, interactive way that encourages creativity and connection.

Mon, Jul 6 \$10  
6 – 7:30 p.m. CBSA3  
District 833 Program Center

### Watercolor Cards with Rene

Design handmade greeting cards using watercolor pencils. Learn simple blending techniques and add creative details to each card. Perfect for all skill levels. Leave with beautiful cards to share.

Tue, Jul 14 \$15  
6 – 8 p.m. CBRA1  
Anpétu Těča Education Center



### Makeup Design: Animal Makeup!

Transform yourself into an animal character using creative makeup techniques. Plan your design, then learn how to apply it step by step. This playful class encourages imagination and self-expression, ending with a fun group share of everyone's creations.

Mon, Aug 3 \$10  
6 – 7:30 p.m. CBSA4  
District 833 Program Center

### DIY Fairy Garden Jar

Build a magical miniature garden using soil, moss, and plants.

Add decorative touches to create your own whimsical scene. This hands-on class blends creativity and nature while introducing simple gardening skills. Leave with a unique fairy garden to enjoy at home.



Thu, Aug 13 \$15  
6 – 7:30 p.m. CBNA1  
Maplewood Nature Center

### Art in the Park

Create a colorful acrylic painting inspired by nature in a relaxed outdoor setting. Learn simple techniques while exploring creativity and enjoying fresh air. This class is great for all skill levels and focuses on fun, expression, and connection. All materials are provided.

Thu, Aug 20 \$20  
6 – 7:30 p.m. CBNA2  
Oakdale Discovery Center

### Squeegee Painting

Create bold abstract art using paint and a squeegee. Apply color, then swipe to blend into a vibrant design. This class encourages creativity and experimentation in a relaxed setting. No experience needed, just come ready to have fun.



Thu, Sep 17 \$20  
6 – 7:30 p.m. CBWA1  
White Bear Lake Senior Center

### Puzzling Pumpkins with Rene

Create festive pumpkin decorations using puzzle pieces and craft materials. Explore color, texture, and design while making a unique fall decoration. This relaxed, beginner-friendly class is all about creativity and seasonal fun. All supplies are provided.

Tue, Sep 29 \$15  
6 – 8 p.m. CBRA2  
Anpétu Těča Education Center



## COOKING WITH ELLIE – FALL TREATS

Prepare a delicious recipe in this hands-on cooking class with Chef Ellie. Practice basic kitchen skills in a fun, supportive environment. Build confidence, try new foods, and enjoy cooking with others. Caregivers are encouraged for those needing support.

Thu, Sep 24 \$15 John Glenn Middle School  
6:30 – 8:30 p.m. CBNC1

Independent School District 622  
 2520 E 12th Ave  
 North St. Paul, MN 55109



Gladstone Community Education Center  
 Community Bridge Consortium office  
 1945 Manton St.  
 Maplewood, MN 55109  
 651.748.7250  
 Monday–Thursday 8:00 a.m.–3:30 p.m.

NON-PROFIT ORG  
 U.S. POSTAGE  
 PAID  
 TWIN CITIES MN  
 PERMIT NO. 4263

Register online at [isd622.ce.eleyo.com](http://isd622.ce.eleyo.com)

## COMMUNITY BRIDGE REGISTRATION FORM

Name \_\_\_\_\_ Home/Group Home Phone \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Group Home Name \_\_\_\_\_ Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Group Home Email \_\_\_\_\_  Uses a wheelchair  Requires one-to-one assistance

Medical, seizure, behavioral or other conditions instructor should be aware of: \_\_\_\_\_

Class #	Class Name	Participant Fee
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____
_____	_____	\$ _____

Total Participant Fee \$ \_\_\_\_\_

Staff Attending	
# attending	Total Staff Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total Staff Fee \$ _____	

*Staff fee must accompany registration*

Checks payable to: Community Bridge

Mail: Community Bridge, 1945 Manton St, Maplewood, MN 55109

Mailed checks will be handled as a one-time electronic fund transfer or draft.

Visa, MasterCard or Discover \_\_\_\_\_ Exp \_\_\_\_/\_\_\_\_ Total Charge \$ \_\_\_\_\_

Signature \_\_\_\_\_ Print Name on Card \_\_\_\_\_